I CLAIM:

1. An exercise device comprising an elongated roller formed of a compressible material, an outer surface, an axis, a curved top on one side of the axis and a curved bottom on the other side of the axis, the curvature of the curved top of the roller being different than the curvature of the curved bottom of the roller.

2. The exercise device of claim 1, wherein the curvature of the top portion is circular and the curvature of the bottom portion is circular, the radius of the curvature of the top portion being different from the radius of the curvature of the bottom portion.

3. An exercise device comprising an elongated roller formed of a compressible material and having an axis and a first sectional plane parallel to the axis, the first sectional plane dividing the roller into a top and bottom, the top and bottom being curved on the outside of the roller and the curvature of the top of the roller being different than the curvature of the bottom of the roller.

4. The exercise device of claim 3, wherein the curvature of the top portion is circular and the curvature of the bottom portion is circular, the radius of the curvature of the top portion being different from the radius of the curvature of the bottom portion.

5. An exercise device comprising an elongated roller formed of a compressible material and having an axis and a first sectional plane parallel to the axis, the first sectional plane dividing the roller into a top and bottom, and means on the outside of the roller for changing the balance of the roller depending of whether the top or bottom is facing upward.